

Recipe Name: Lemon Chicken with Asparagus
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Recipe Categories: Main Dishes & Meats

Ingredients:

- 1 lb. boneless skinless chicken breasts
- 1/4 cup flour
- 1/2 teaspoon salt, pepper to taste
- 2 tablespoons butter
- 1 teaspoon lemon pepper seasoning
- 1-2 cups chopped asparagus
- 2 lemons, sliced
- tablespoons honey + 2 tablespoons butter (optional)
- parsley for topping (optional)

Directions:

1. Chicken: Cover the chicken breasts with plastic wrap and pound until each piece is about a 3/4 of an inch thick. (NOTE: If your chicken breasts are really thick, you can just cut them in half horizontally to make thinner pieces rather than pounding. Works like a charm.) Place the flour and salt and pepper in a shallow dish and gently toss each chicken breast in the dish to coat. Melt the butter in a large skillet over medium high heat; add the chicken and sauté for 3-5 minutes on each side, until golden brown, sprinkling each side with the lemon pepper directly in the pan. When the chicken is golden brown and cooked through, transfer to a plate.
2. Asparagus and Lemons: Add the chopped asparagus to the pan. Sauté for a few minutes until bright green and tender crisp. Remove from the pan and set aside. Lay the lemon slices flat on the bottom of the pan and cook for a few minutes on each side without stirring so that they caramelize and pick up the browned bits left in the pan from the chicken and butter. (NOTE: adding a tiny pat of butter in with the lemons also helps prevent sticking and promote browning.) Remove the lemons from the pan and set aside.
3. Assembly: Layer all the ingredients back into the skillet - asparagus, chicken, and lemon slices on top.